

BEGINNING NINJA GOALS



STRENGTH

PUSH-UPS

SIT-UPS

HOLLOW ROCKS

SQUATS

ROPE 3 STEPS

PULL-UP

L HOLDS

DIPS

RUNNING

NINJA VAULTS ONTO SURFACES

STRAIGHT KICKS

FLIPPING

HANDSTAND

CARTWHEEL

WALL WORK

SWINGING

PULL OVER FROM MAT

HIGH HAND/WALKING REGRIPS

SAFETY DISMOUNTS

LANDING/BOUNCING

ADVANCED ROLLS

JUMPING ROLLS

MOVING SAFETY LANDINGS

BODY TENSION SHAPES

INTERMEDIATE NINJA

GOALS



RUNNING

NINJA VAULTS OVER SURFACES

SHAPED KICKS

FLIPPING

ROUND-OFFS DRILLS

HANDSPRINGS DRILLS

HANDSTAND WALKING

WALL DRILLS

STRENGTH

PUSH-UPS

PLANKS

CRUNCHES

ADVANCED SQUATS

ROPE 7 STEPS

LEG LIFTS

PULL-UP IN SHAPES

DIPS IN SHAPES

SWINGING

GRIP WORK

SWINGING CONTROLS

LANDING/BOUNCING

ROUND-OFFS

HANDSPRINGS

FLIPPING DRILLS

FLIPPING SHAPES

ADVANCED NINJA GOALS



RUNNING

NINJA VAULTS WITH PROPULSION

MOVING KICKS

FLIPPING

ROUND-OFFS

BACK HANDSPRINGS

WALL SKILLS

STRENGTH

DYNAMIC PUSH-UPS

V-UPS

PISTOL SQUATS

DYNAMIC BURPEES

HANDSTAND PUSH-UPS

SHOULDER SHRUGS

ROPE CLIMB

CHIN HOLD W/ HAND MOVES

PULL UPS IN L SHAPE

SWINGING

GRIP WORK IN MOVEMENT

SWINGING RELEASES

LANDING/BOUNCING

FLIPS

TWISTING JUMPS

ADVANCED SAFETY FALLS

CONNECTED TUMBLING